



TRAINING

OPTION ONE: THE ONE HOUR 1-ON-1 TRAINING PROGRAM

PROGRAM	COMMITMENT	# OF VISITS	MONTHLY INVESTMENT
DEDICATED	12 MONTHS	4x/Week	\$864.00
		3x/Week	\$648.00
		2x/Week	\$432.00
		1x/Week	\$216.00
COMMITTED	9 MONTHS	4x/Week	\$896.00
		3x/Week	\$672.00
		2x/Week	\$448.00
		1x/Week	\$224.00
MOTIVATED	6 MONTHS	4x/Week	\$928.00
		3x/Week	\$696.00
		2x/Week	\$464.00
		1x/Week	\$232.00
FOUNDATIONAL	3 MONTHS	4x/Week	\$960.00
		3x/Week	\$720.00
		2x/Week	\$480.00
		1x/Week	\$240.00
INTRODUCTORY*	1 MONTH	1X/Week	\$150.00

*Introductory Package is for 1st time clients only and can only be used once.

ONE HOUR 1-ON-1 PERSONAL TRAINING



TRAINING

OPTION TWO: THE HALF HOUR 1-ON-1 TRAINING PROGRAM

PROGRAM	COMMITMENT	# OF VISITS	MONTHLY INVESTMENT
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DEDICATED	12 MONTHS	4x/Week	\$432.00
		3x/Week	\$324.00
		2x/Week	\$216.00
COMMITTED	9 MONTHS	4x/Week	\$448.00
		3x/Week	\$336.00
		2x/Week	\$224.00
MOTIVATED	6 MONTHS	4x/Week	\$464.00
		3x/Week	\$348.00
		2x/Week	\$232.00
FOUNDATIONAL	3 MONTHS	4x/Week	\$480.00
		3x/Week	\$360.00
		2x/Week	\$240.00
*INTRODUCTORY	1 MONTH	2X/Week	\$150.00

*Introductory Package is for 1st time clients only and can only be used once.

HALF HOUR 1-ON-1 PERSONAL TRAINING